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WHO WANTS PIE?
TAKE A LOOK AT THIS RECIPE, AND YOU PROBABLY WILL {page 16}

EX-TINA
RUMOURS SWIRL AROUND DIVORCE DISH {page 12}

CALGARY
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Monday, October 18, 2010
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Make your voice heard

Municipal candidates in home stretch as Calgarians go to the polls {page 3}

▶ Calgarians will vote today to decide who their next mayor and aldermen will be.

Metro Work

Food for thought on a Monday commute

Avoiding office gossip ◐ A happy story about junk {page 18}

Making children love pizza even more

New kids book explores history and science of fave foods {page 14}

Misery clearly loves company

Mining the miserable for comedic effect {page 10}

Canadians rock the Walk

Eric McCormack among Walk of Fame inductees {page 11}

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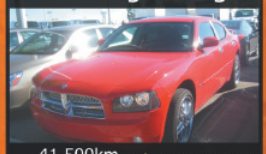

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Local corp. awarded CF-18 jet contract

A Calgary-based company has been awarded the contract to maintain Canada's CF-18 fighter jets.

Harris Canada Inc. was given a nearly $274-million contract from the federal government to keep the jets in the air until the new F-35 Lighting II jets are ready. The company will be in charge of repairing and managing the electronic systems on the CF-18 jets. The contract will provide up to 40 full-time positions every year in Calgary for the duration of the contract.

METRO CALGARY

Drop-In Centre boss retires

After years of service, the executive director of the Calgary Drop-In Centre has announced his plans to step down.

Dermot Baldwin, 68, announced to the board that he would be retiring after 16 years of service.

"Dermot's visionary role in creating leading-edge, compassionate care in the sector is legendary," said the board's president, Jeff Kushner, in a statement. Baldwin will end his time at the Drop-In Centre on Dec. 31. METRO CALGARY

Work deaths investigated

Alberta Occupational Health and Safety is investigating three deaths on Alberta job sites in three days last week. An Alberta man died after sustaining head injuries while off-loading piping at a yard.

METRO

METRO CALGARY FILE PHOTOS

▶ Ric McIver

▶ Barb Higgins

▶ Naheed Nenshi

Frontrunners hit the street

Voting stations are open today from 10 a.m. to 8 p.m.
Other candidates also spent weekend meeting Calgarians

KRISTA SYLVESTER
@METRONEWS.CA

With a day to go before voters hit the polls, the three mayoral frontrunners kept busy yesterday meeting Calgarians across the city.

Ric McIver spent the day reaching out to folks in each quadrant, including a barbecue in the northeast, where he enjoyed Indian cuisine.

"I've been all over the place today and just getting out and talking to as many people as I can and just touch base with big blocks of people," McIver said.

And it was much of the same for Barb Higgins, who spent the day at various city events, including the Famous Five event at the Palliser.

"It's been a very busy day, and very positive. I think it's been a really exciting campaign for us," Higgins said.

Naheed Nenshi was up bright and early yesterday, serving coffee at the Purple Perk before hitting Market Mall later in the day to rub shoulders with Calgarians.

"It's been insane but it's a lot of fun. There were hundreds of people at the coffee shop and everyone has been supportive," he said.

Election run

- **Support** Candidates spent the weekend door-knocking.
- **Tie** The top three candidates are virtually neck-and-neck in advance polls.
- **Turnout** More than 23,000 people voted in the advance polls.

1 news

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

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Delays in issuing work permits to refugees leave Canadian taxpayers on the hook. More at metronews.ca/immigration

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SHELBY BORYS/FOR METRO CALGARY

▶ Ric McIver spends time in the hot seat with BT Calgary's Mike McCourt.

RIC MCIVER INTERVIEW

"THE LEADERSHIP WILL GO IN A DIFFERENT DIRECTION"

Mike McCourt — Insurmountable lead according to the entire polls (a month ago), sir, and now you're tied (with Barb Higgins and Naheed Nenshi). So something's gone adrift.
Ric McIver — I think because some of the polls showed me ahead early on, I've been the target of attack from everywhere ... Everything takes a bit of a toll but I think when it comes down to Monday, Calgarians will say on par who has the experience, who has the track record?

MM — OK, lets put all of that in context. You are "the experience guy," you say. In the last nine years you've been on council taxes have gone up, give or take, 40 per cent. You've been part of a raiding party, taking money out of the taxpayers' pockets.
RM — Yeah, and you know what Mike, you can't say in one breath I'm part of the raiding party and then in another breath complain about being Dr. No.

MM — I have not mentioned Dr. No.
RM — There is somebody who's actually slowed down the raiding party. I think Calgarians want to be glad I was there ... In fact, this year I was the one who said the 2011 budget wasn't appropriate, and it turns out with $60 million overcommitted even on the high tax increase on Jan. 21, the one voice of reason, the one voice who understood this wasn't appropriate, was me.

MM — Your arguments, Mr. McIver, didn't carry much weight in council because all of your efforts as you would have it to reduce those tax increases were for naught. You didn't make it.
RM — But the fact is we reduced the 25 per cent tax increase over the last three years substantially ... I don't like the rate that taxes went up, but I can tell you as a result of my efforts and other member of council's efforts we reduced it, and as mayor the leadership will go in a different direction. The leadership will be one that leads us ... towards steady, cost-controlled, measured stewardship of the city's resources.

COURTESY BT CALGARY

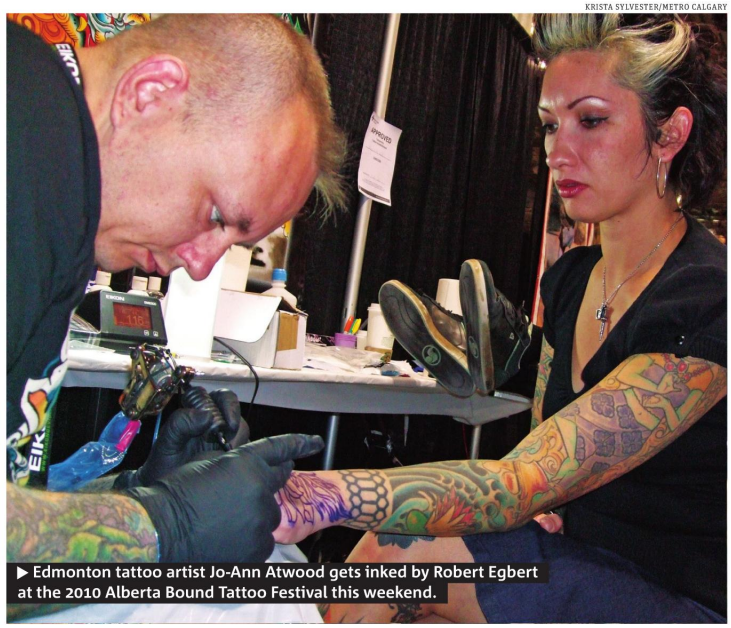
BREAKFAST TELEVISION

Enthusiasts get inked at festival

Thousands attended three-day event, which featured live music

KRISTA SYLVESTER
@METRONEWS.CA

KRISTA SYLVESTER/METRO CALGARY



▶ Edmonton tattoo artist Jo-Ann Atwood gets inked by Robert Egbert at the 2010 Alberta Bound Tattoo Festival this weekend.

Tattoos, tattoos, tattoos.

Hundreds of people got inked this weekend at the 2010 Alberta Bound Tattoo Festival, but even those who didn't still enjoyed the family-friendly event, including the Nelsons.

"We love to bring the kids. They are fascinated by the artwork and it's a fun thing we like to do together," dad Matthew said.

Edmonton tattoo artist Jo-Ann Atwood said she likes to check out tattoo conventions when she can but has never gotten tattooed at one before.

"This is the first time as a civilian, so to speak, and it's kind of exciting to be on the other side of the gun," she said as she got tattooed by a Seattle artist.

Calgary artist Trevor Rove Jameus was excited to be a part of the show for the first time since A Hard Day's Night opened this year as a "rock 'n' roll" spa, where people can get tattooed and get pedicures.

"It's awesome to check out what other artists are doing," he added.

Local artist and organizer Steve Peace said this year's event featured local musical talents and amazing artists from around the world.

"It's a lot of fun to come to these shows and tattoo people."
ROBERT EGBERT FROM AARON BELL TATTOO SHOP IN SEATTLE, WASH.

Background

- Same show ran last weekend in Edmonton.
- Past events featured popular artists like Kat Von D.

Pothead lights up Edmonton sky

A pothead is being blamed for a fireball that lit up the evening sky in Edmonton on Saturday.

An Epcor spokesman said a failed piece of electrical equipment — a pothead — likely caused the explosion at a substation.

The device is a pot-like insulator, which is used to connect underground electric cables to overhead lines.

At around 8:30 p.m., the fireball was seen shooting 30 to 40 feet in the air and Edmonton Fire Rescue was called to the scene.

Epcor's Scott Lundy said the reason for the equipment failure is still under investigation, but no one was injured in the incident and there was no disruption in service.

There was no word yet on a damage estimate for the substation.

METRO

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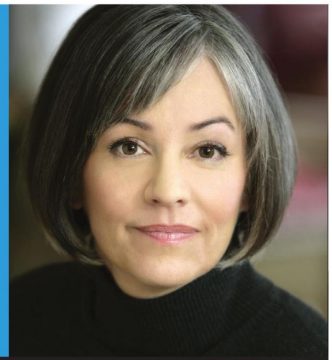

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JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Police officers from across Canada attend a news conference by Olympic security officials during an exercise in Vancouver on Feb. 1.

Olympic Games security budget under attack

Critics have long said security effort for Games was excessive ◐ Tangible threats appeared non-existent

They were ready for bombs but fights were the only thing the RCMP appeared to have to diffuse during the 2010 Winter Olympic Games.

There were 876 incidents in the Mounties' emergency management software database during the Games, according to a summary obtained by The Canadian Press under the Access to Information Act.

They included various protests, suspicious packages, assaults, thefts, car accidents, and even reports of police officers losing their ammunition and ID.

876
security-related incidents were reported during the 2010 Vancouver Olympic Winter Games.

Many of the incidents turned out to be nothing and, in the end, the RCMP-led Integrated Security Unit was able to scale back its security efforts from a medium-threat level plan to a low one.

"None of the events were significant," said RCMP Assistant Commissioner Bud Mercer, who led the Olympic security effort. "None of them posed a significant threat."

As a result of being able to scale down the plan, the Mounties will announce this week that they only spent about $523 million of their $558 million budget.

Details are expected to be released Wednesday in a report on Games security, but a final figure won't actually be tallied until the RCMP finish selling off assets acquired during the Games. THE CANADIAN PRESS

FAST FOOD

Double Down in Canada

It's a meaty monster that can make even the bravest fast-food fanatic turn chicken — and health and nutrition experts have their doubts whether Canada really is down with the Double Down.

As what is arguably the world's most infamous sandwich makes its debut north of the border, dieticians and academics hope Canadians give KFC's bunless concoction — two slabs of seasoned fried chicken sandwiching bacon, cheese and secret sauce — a wide berth, lest they get wider themselves.

The Double Down's 540 calories, 30 grams of fat and (ulp) 1,740 milligrams of sodium is likely to leave Canuck consumers doubled over in discomfort more than anything else, said Susan Barr, a professor of food nutrition at the University of British Columbia. THE CANADIAN PRESS

Vatican canonizes cleric

Brother Andre, the humble cleric who founded Montreal's St. Joseph's Oratory, became Canada's first saint of the 21st century yesterday. Pope Benedict presided over the canonization of Brother Andre, who was credited with miracle healings before his death in 1937. Celebrations are planned in Montreal, with a mass at Olympic Stadium next weekend. THE CANADIAN PRESS

Williams set to plead guilty in court today

Details of his double life expected to be heard Former commander faces automatic sentence of life in prison

Lurid details of the self-professed double life of Col. Russell Williams are expected to be brought before the public starting today, when the former rising star in the Canadian military is scheduled to plead guilty to murdering two women, sexual assaults and a slew of other criminal charges.

Williams, 47, was the commander of the country's largest military airfield, CFB Trenton, until he was arrested in February and charged in the deaths of Jessica Lloyd, 27, and Cpl. Marie-France Comeau, 38.

The stark contrast between the two images — that of a seemingly "well-adjusted," successful military man and an alleged depraved sexual predator — has drawn intense public attention to the case.

STEVE RUSSELL/TORSTAR NEWS SERVICE

Col. Russell Williams leaves the Belleville, Ont., court recently.

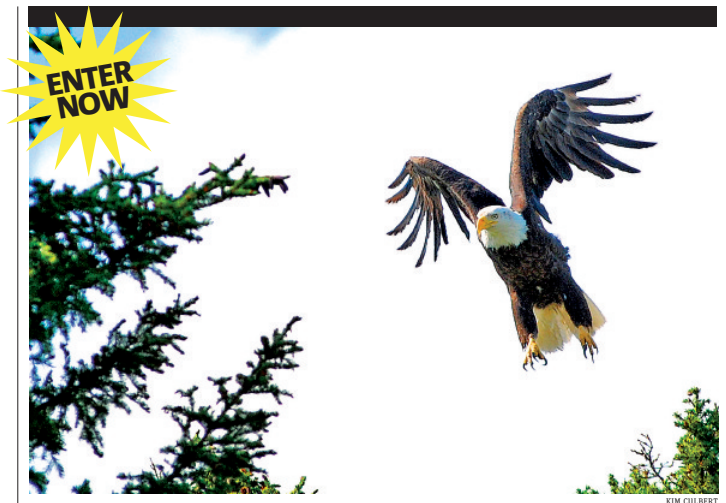
Hearing

- Today's guilty plea will be followed by a sentencing hearing at which victim impact statements will be presented to the court. The hearing is expected to last several days.

Earlier this month a lawyer for Williams told the court his client would plead guilty to all charges.

He faces an automatic sentence of life in prison with no possibility of parole for at least 25 years.

THE CANADIAN PRESS



KIM CULBERT

Soaring high

Today's photo of the day is by Canadian Kim Culbert and was submitted in the Favourite Spot category. The photo is titled: Mr. Eagle. Enter your photos today and view more pictures at metrophotochallenge.ca.

metro PHOTO CHALLENGE

Media frenzy for Chile miners

Chile's 33 rescued miners are getting substantial offers of money for their story, but made a pact to say little about their 69-day ordeal while negotiating movie and book rights. They even hired an accountant while underground to track and share the proceeds, their friend, shift foreman Pablo Ramirez, told The Associated Press.

THE ASSOCIATED PRESS

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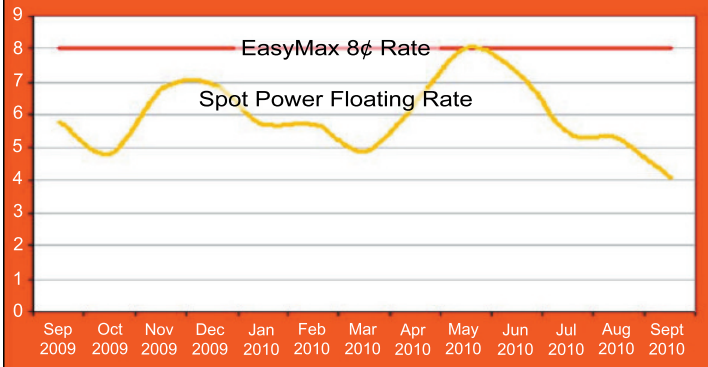

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Doll. Sales

▶ "Barbie, a Fashion Fairytale" promotion is seen at the corporate headquarters campus of Mattel, Inc.

REED SAXON/THE ASSOCIATED PRESS

Barbie's still got it

Strong sales gains for dolls including Barbie and Disney Princesses and a tax benefit helped Mattel's third-quarter net income increase 23 per cent.

Bombardier introduces 2 new jets

Bombardier is reasserting its status as the world's largest business jet manufacturer with the introduction of two new business aircraft.

The Montreal-based company says the Global 7000 and the Global 8000 aircraft will combine longer distances with improved fuel efficiency and increased comfort.

Bombardier made the announcement Saturday, ahead of the National Business Aviation Association's convention in Georgia next week. The new jets mean the company's Global aircraft family will now have four models covering the large, ultra long-range category at a time when Bombardier is trying to fend off competition from American Gulfstream's new G650 model. THE CANADIAN PRESS

U.S. aims to boost online safety

Government looks at Australian plan to increase cyber security

The U.S. government is reviewing an Australian program that will allow Internet service providers to alert customers if their computers are taken over by hackers and could limit online access if people don't fix the problem.

Obama administration officials have been meeting with industry leaders and experts to find ways to increase online safety, as they try to strike a balance between securing the Internet and guarding Americans' privacy and civil liberties.

The discussions come as private, corporate and government computers across the U.S. are increasingly being taken over and exploited by hackers and other computer criminals.

White House cyber coordinator Howard Schmidt told The Associated Press the U.S. is looking at a number of voluntary ways to help the public and small businesses better protect themselves online. Possibilities include provisions in the Australia plan that enable customers to get warnings from their Internet providers if their computer gets taken over by hackers through a botnet.

A botnet is a network of infected computers that can number in the thousands, and that network is usually controlled by hackers through a small number of scattered PCs. THE ASSOCIATED PRESS

Cyber security

In Australia, Internet providers will be able to take a range of actions to limit the damage from infected computers, from issuing warnings to restricting outbound email.

▶ **Aussie rules** Providers could also temporarily quarantine compromised machines while providing customers with links to help fix the problem.

Limiting bugged PCs

U.S. officials are stopping short of advocating an option in the Australian plan that allows Internet providers to wall off or limit online usage by customers who fail to clean their infected computers, saying this would be technically difficult and likely meet fierce opposition from the public. THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
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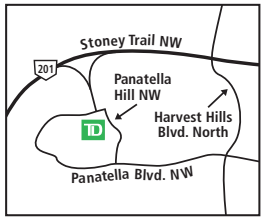

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WEIGHING OUR CITY'S MAYORAL VOTE

Urban Compass

JANICE PASKEY

Tonight's election night. But I haven't decided who to vote for.

Mayoral candidate Barb Higgins asked Friday: Shouldn't journalism be about asking questions in an unbiased way?

She responded to brutal bullying by a grandstanding television personality. She had the wherewithal to stick to a principle — let's ask questions, get answers.

If you vote tonight, do you know your candidate's record?

How did they vote in council? Have their words matched their actions?

Are they capable of reading hundreds of pages of Plan-It style documents?

Can they make a motion at a meeting, rally others to vote with them, trade off votes for the right reasons, mitigate self interest?

I worry the Calgary I came to 12 years ago is waning. There's an urban-suburban divide, poor transit decisions, and a growing income gap.

My thoughts?

Barb Higgins. While on contract at CTV a few years, ago, I watched Higgins. She prepared for the newscast in an unglamorous cubicle. She was friendly, and elegant. Polls show her as a front runner in this election — so if we dismiss this as mere celebrity, we dismiss our fellow Calgarians. She reflects a part of our city, the side that wants to participate, to learn ... that's optimistic.

"I worry the Calgary I came to 12 years ago is waning. There's an urban-suburban divide, poor transit decisions, and a growing income gap."

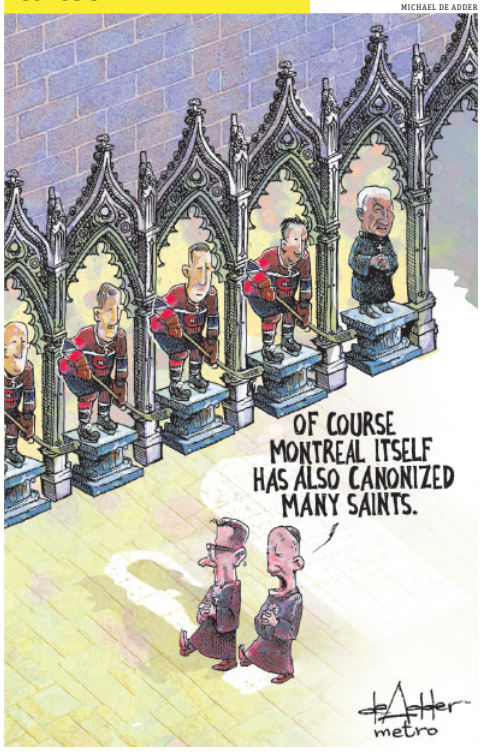
Ric McIver. I like his staff and the McIver openness. He returns calls. I like that he voted against the Calatrava Bridge. I like that after one phone interview before the campaign, he took some extra time. He asked about me. He's from a family with a lot of kids. To me this means, he knows everything isn't about him. All the developer support? Not comfortable with that. I hate that he charged his drycleaning to the public purse. Yet, he's a guy I'd like to have a beer with. I think he'd listen.

Naheed Nenshi. I believe he cares passionately about this city — and his ideas are stated clearly. I've seen him sustain an aggressive attack about taxes, and stay poised. He's gone after bad city budget decisions courageously. He's from an area with the greatest concentration of poor neighbourhoods in Calgary. He can give them a voice, they richly deserve. I worry that, after his attacks on city council, Nenshi might have trouble getting others to vote with him. Sometimes, I find his bravado verges on bragging.

Tonight, let evidence and instinct drive your decision. And reject bullies.

Cartoon

MICHAEL DE ADDER



Case that killed a career

Worth Mentioning

Washington intern Chandra Levy

CONTRIBUTED/THE ASSOCIATED PRESS

WASHINGTON. More than nine years after the disappearance of Washington intern Chandra Levy generated headlines around the world, an illegal immigrant from El Salvador accused of killing her is scheduled to stand trial.

Ingmar Guandique goes on trial today for Levy's 2001 killing. However, he's not even a blip on the national consciousness of the case, which dominated news coverage until the Sept. 11, 2001, terror attacks rendered it an afterthought.

The intern's mysterious slaying led to the downfall of former California congressman Gary Condit, whose political career imploded after he was romantically linked to Levy and for a time became the No. 1 suspect.

While police no longer believe Condit had anything to do with Levy's death, Condit's spokesman, Bert Fields, said Condit expects to be called as a witness at Guandique's trial, though he has not been subpoenaed. Condit is writing a book about his experience.

Guandique, charged in 2009, escaped scrutiny in large part because of the frenzy around Condit. The former congressman never admitted an affair but said he was friends with Levy, though the intern had told family members the two had a romantic relationship.

THE ASSOCIATED PRESS

Will e-readers kill the paperback?

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Metro Minute at a book reading

CONTRIBUTED WWW.UCPRESS.EDU

▶ Author Daniel Jaffee will be reading from his book Brewing Justice: Fair Trade, Coffee, Sustainability and Survival at Mount Royal University today.

Got some time to spare today?

Why not head to Mount Royal University to see author Daniel Jaffee present on his book Brewing Justice: Fair Trade, Coffee, Sustainability and Survival.

Jaffee, of Washington State University, will be reading from this C.W. Mills award-winning book, which discusses the coffee market in Mexico and the impact of fair trade.

Jaffee will begin his presentation at 2:30 p.m. tomorrow in EC 1050 at Mount Royal.

Things will wrap up at 4 p.m. and will be followed by refreshments.

The event is open to the public and free to attend.

KATIE TURNER

metro

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2 scene

Jackass

Johnny Knoxville and his Jackass gang are even bigger hits in three dimensions. Jackass 3D, their latest big-screen collection of crazy stunts and antics, opened with a whopping $50 million, soaring past the debuts of their first two movies. It's the third-straight No. 1 opening for the franchise, which launched with a $22.8 million opening for 2002's Jackass: The Movie and continued with a $29 million debut for 2006's Jackass Number Two. Premiering at No. 2 with $22.5 million is the action comedy Red, starring Bruce Willis, Morgan Freeman, Helen Mirren, John Malkovich and Mary-Louise Parker in the tale of retired black-ops agents targeted by the CIA.

THE ASSOCIATED PRESS

Corey Feldman reprises role in 'Lost Boys: The Thirst,' remembers late co-star Corey Haim

Spreading misery to comedy masses

Canadian comedian Jeremy Hotz finding success with his sad sack stand up Writing a new film and developing TV comedy series

Canadian comedian Jeremy Hotz doesn't feel so alone in his misery anymore.

The standup veteran, who's famed for an anguished act in which he complains about life while holding his right hand over half of his face to appear distressed, says gloom is very "in vogue" these days.

"Look around, man. Everybody's miserable," the Ottawa native said in a recent interview to promote the upcoming 10th annual Just for Laughs Canadian tour, in which he's featured as a special guest.

"Ever take the subway in Toronto? Ever have anyone ever make eye contact with you? No! Everyone's miserable: 'Look at the floor, get through your day.'"

The so-called "master of misery" started performing in comedy clubs across the country nearly 20 years ago.

His confused, downer persona just came naturally, he says.

"One day I started putting my hand in front of my face and turning my back to the audience and speaking about really miserable things — three things you should never do if you're trying to get laughs and yet when you combine all of them, somehow it works," said Hotz.

"Ever take the subway in Toronto? Ever have anyone ever make eye contact with you? No! Everyone's miserable: 'Look at the floor, get through your day."
JEREMY HOTZ

"Misery loves company, I guess. Who said that, anyway? Probably the most miserable guy in the world."

Hotz is now writing a dark comedy film in which he would star. His co-writer is K.P. Anderson, creator of the TV series The Soup.

He's also developing a half-hour comedy series based on his life with Dakota Pictures, the production company behind comedy shows including Flight of the Conchords and Bored to Death.

TV is in desperate need of comedy to balance out the glut of cop shows, says Hotz.

"There's CSI and then just every city in America, you know ... CSI: Cheektowaga — everybody dies in a big vat of buffalo wings," he joked.

"Come on! Come up with a different idea. What's the matter with people?"

THE CANADIAN PRESS

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▶ The Just for Laughs Canadian tour, which stars Jeremy Hotz, kicks off tomorrow in Saint John, N.B.

CHRIS PIZZELLO/ASSOCIATED PRESS

▶ Bill Murray appeared as a Ghostbuster when he accepted an award for Best Horror Movie for Zombieland.

Awards were a Scream

There were superheroes and vampires, Ghostbusters, rockers and zombies — and that was just in the audience.

Even more outrageous characters graced the Greek Theater stage at Spike TV's annual Scream Awards on Saturday night — a tribute to horror, sci-fi, comics and fantasy. The fan-fueled awards show/TV special welcomed scores of stars and hundreds of costumed fans.

On a spectacular stage that looked like a warped Metropolis flanked by two gargoyle-rimmed platforms, Halle Berry, Megan Fox, Don Cheadle, Kelly Osbourne, Mickey Rourke and dozens of other famous faces from some of TV and film's most popular properties treated the crowd to hours of pop-culture indulgence.

Sigourney Weaver emerged from a giant brain-shaped pod to accept "Heroine" honours from James Cameron. Michael J. Fox and Christopher Lloyd got a standing ovation as they reunited with a DeLorean car to celebrate the 25th anniversary of Back to the Future. Jimmy Kimmel honoured the cast of Lost with a special farewell in front of a flaming piece of fuselage.

THE ASSOCIATED PRESS

KFC ARE YOU READY TO DOUBLE DOWN?

Hollywood goes green

Avatar and 30 Rock were among the winners of the 2010 Environmental Media Association awards on Saturday night, which recognized individuals, organizations and productions that help increase public awareness of environmental issues.

Actors Olivia Munn and Jason Ritter hosted the event at Warner Bros. Studios in Burbank, Calif.

Entrepreneurs Ted Turner and Jeff Skoll received honorary awards for their environmental contributions. Turner, who founded CNN, supports wildlife habitat preservation, promotes sustainable energy and furthers other environmental causes. His award was presented by his ex-wife, Jane Fonda.

Rosario Dawson, Lance Bass and Eva Mendes were also among awards presenters. THE ASSOCIATED PRESS.

ASSOCIATED PRESS/DAN STEINBERG)

▶ Lance Bass was one of the presenters at the Environmental Media Awards on Saturday.

CANADIAN PRESS/FRANK GUNN

▶ Nelly Furtado signs autographs as she arrives for the Canada's Walk of Fame induction gala in Toronto on Saturday.

Canadians rock on the Walk of Fame

- Eric McCormack says Canadians are too modest
- But Sarah Polley is proud of our humility

Actor Eric McCormack knows it's a little un-Canadian to brag so he apologizes if he acts too excited over his new star on Canada's Walk of Fame.

"Being famous here really means a lot of apologizing, just really being sorry for it, because it's not the (Canadian) way," McCormack joked on Saturday as he walked the red carpet in Toronto.

"It's an unnatural state for a Canadian and I'm really sorry. I'm sorry."

McCormack was among seven new inductees to the club, which over the years has given stars to the likes of Margaret Atwood, Jim Carrey, and Celine Dion.

Also honoured Saturday were Olympian Clara Hughes, Sarah Polley, David Clayton Thomas, Farley Mowat, Nelly Furtado, and the late magician Doug Henning.

McCormack said it's great that Canadians are finally recognizing homegrown talents and accomplishments, which wasn't always the case. "This is a very new thing for Canadians, to celebrate themselves."

Hughes was beaming as she arrived on the red carpet and said she was thrilled to not only get a star, but also help applaud others.

"I think the Walk of Fame is something that really celebrates Canadians and excellence," she said.

Polley said she too thought it was great to see a celebration of Canadian talent, although it might feel a little odd to some.

"I think it's always complicated for me because on the one hand we're always beating ourselves up for not celebrating ourselves enough. But for me, one of the national characteristics I'm most proud of in this country is humility," Polley said.

The gala will be broadcast on Oct. 20 at 9 p.m. ET/PT on Global and Slice. THE CANADIAN PRESS

Aguilera and Bratman file for divorce

Reports of Christina's female affairs begin to surface **Claims couple had open marriage**

Christina Aguilera and Jordan Bratman have officially filed for divorce, citing "irreconcilable differences," but at least one woman claims the couple had an open marriage, according to Radar Online.

"I was at The Abbey one night when Christina's bodyguard approached me," the woman, who wishes to remain anonymous, tells the website.

"The bodyguard told me it was an understanding within their marriage and that she brings girls home and Jordan's OK with it. I met Christina in the bathroom and she told me she liked to play with girls."

While the woman chose not to entertain the offer, she says she was not the only woman Aguilera has previously expressed interest in.

"It's funny because I had a couple girlfriends tell me that they were approached by Christina, too," she says.

METRO

Madonna spotted out with a potential new boyfriend

Madonna appears to have a new man in her life, as the singer was spotted getting friendly with 34-year-old choreographer Brahim Rachiki while out at a New York City nightclub recently, according to Page Six.

"They came in together and were holding hands in a private area," a source says.

"Madonna got up and was dancing for an hour straight before going back to her man. They immediately started making out in front of other guests."

The pair then reportedly moved on to another club where they continued with their public displays of affection.

Madonna split from her last boy toy Jesus Luz just recently.

The Material Girl had been linked to him since 2008, but the superstar is alleged to have ended her romance enjoying a night out with Rachiki.

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TAKE THE DOUBLE DOWN™

▶ Kate Moss

Kate Moss married in a secret ceremony?

Sources claim Kate Moss quietly wed boyfriend Jamie Hince in a secret ceremony in Sicily back in August, according to the Daily Mirror.

"It was quiet, but still very romantic," a source says.

"The plans were kept very quiet as Kate wanted the day to be low-key and purely a celebration of their love. Kate didn't want a stuffy, formal do, but something spiritual."

METRO

▶ Neil Patrick Harris

Doogie has twins

Neil Patrick Harris and partner David Burtka welcomed the birth of twins Gideon Scott and Harper Grace late last week, the How I Met Your Mother Star announced on Twitter. METRO

▶ T.J. Lavin

T.J. Lavin in a coma

BMX rider T.J. Lavin has been placed in a medically induced coma after he crashed during an event at the Hard Rock Hotel in Las Vegas. METRO

Talking points

▶ Russell Brand

Brand won't work with Katy Perry

HONEY I LOVE YOU BUT WE ALREADY SPEND ENOUGH TIME TOGETHER... While Russell Brand plans on spending the rest of his life with Katy Perry, don't expect them to work together anytime soon.

"She's very good at what she does, and I feel it's very distinct from what I do," he tells People magazine. "It takes up enough of my time to be in love with her." Still, there's always room for collaboration, he admits: "We'll do a sex tape! Give them what they want," Brand jokes.

METRO

Dina Lohan tries to cash in on LiLo's rehab

WELL, LINDSAY CAN'T EARN FOR HER WHILE IN REHAB, SO SHE NEEDS TO GET THE MONEY FROM SOMEWHERE Before heading off to the Betty Ford Center to visit Lindsay Lohan this weekend, Dina Lohan was reportedly shopping around an exclusive interview "in the high five figures," sources tell TMZ.

Dina was reportedly looking to have cameras cover as much of her visit as the rehab center would allow, including a candid chat after she meets with her troubled daughter.

"There is absolutely no truth to this," a source close to Dina tells the website.

METRO

Celebrity tweets

Neil Patrick Harris [@Actually-NPH] Youngsters. They cry a lot. I thought it was just a long bit that they were doing. I keep saying, "Annnnd, scene!"... but nothing happens.

Kanye West [@kanye-west] Greeeeeat : (.... I feel sooooo much safer about the flight now that I've been disgraced in a public place lol

Kelly Osbourne [@MissKel-lyO] in shock over how many people are bothered by my bad grammar it's laughable this is twitter not mensa!

Sarah Silverman [@SarahK-Silverman] looking to buy a NINTENDO 64. must be in the LA area and need it right now.

METRO

▶ Leif Garrett

Leif Garrett off to rehab

WELL, LINDSAY CAN'T Former teen heartthrob Leif Garrett has pleaded no contest to heroin possession in Los Angeles and will enter a drug rehab program. The 48-year-old actor-singer entered the plea Friday in Los Angeles and was sentenced to a court-ordered drug treatment program.

. METRO

THIS SPACE IS NOT BIG ENOUGH
FOR THE NEW DOUBLE DOWN.™

3 life

Healthy eating

Concerned that your family isn't getting enough fruits and veggies in their diet? Recent research from the Dietitians of Canada showed that almost 25 per cent of Canadians surveyed said they hadn't consumed any fruits or vegetables the previous day.

It can be hard to incorporate the up to 7 to 10 daily recommended servings of fruits and veggies into our diet, but it is possible. Try to get one dark green and one orange vegetable each day.

NEWS CANADA

Babies learn to sign while learning to crawl and before learning to talk

ISTOCK

▶ After your kid reads Jan Thornhill's Who Wants Pizza? Not only will they be want to have a slice, they will also know where the ingredients came from.

Making kids even more interested in some pizza

Food is often something kids take for granted — it simply shows up every day Yet there is so much for kids to know and understand about food, as Jan Thornhill explains in her new book, Who Wants Pizza?

Jan Thornhill uses one of the more common foods kids eat — a slice of pizza — as a jumping off point to take a look a plethora of facts and interesting info involving how and why we eat what we eat.

Who Wants Pizza? combines tons of interesting facts with photos and illustrations to take kids on a journey through the world of food past, present, and future.

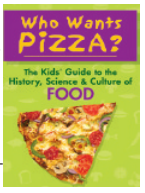
Facts like:

• Humans are very visual animals, and the makers of processed foods know this. That's why colour is so often on lists of ingredients — to make food look more appealing. In one study, test subjects who could see their food ate much more than others who were blindfolded — but the blindfolded ones reported being just as full on less food!

• Different cultures have different food customs. In many places, food is eaten without utensils, and in countries that use chopsticks, it's very rude to point with them. In Russia, to show that your host has been generous, you're expected to always leave a little food on your plate, while in India, it's impolite to leave anything at all.

• World exploration was driven by a search not for gold or even land, but for spices. Spices like black pepper, cloves, and cinnamon were valuable because they livened up a dull European diet and preserved food. Also, spices were fabulously expensive, which of course made them a status symbol. Unfortunately, this hunger for spices came at a cost to many people who grew them. As sea routes to the Far East and the Americas were discovered, one spice-growing nation after another was conquered and then controlled by foreigners.

Travelling fruit



Most fruits and vegetables we buy today are types that travel well. These aren't bred for juiciness or flavour — they're bred to produce a lot of regularly sized fruit that resist bruising. Though there are about 7,500 varieties of tomatoes in the world, you'll find only a handful of these in most grocery stores. From page 53 of Jan Thornhill's Who Wants Pizza.

Comprehensive, engaging, and fun, Who Wants Pizza? is a book that kids will want to digest again and again — and what's better, they are sure to come away hungry and well inform. Who Wants Pizza? is $12.95.

FOR METRO CANADA

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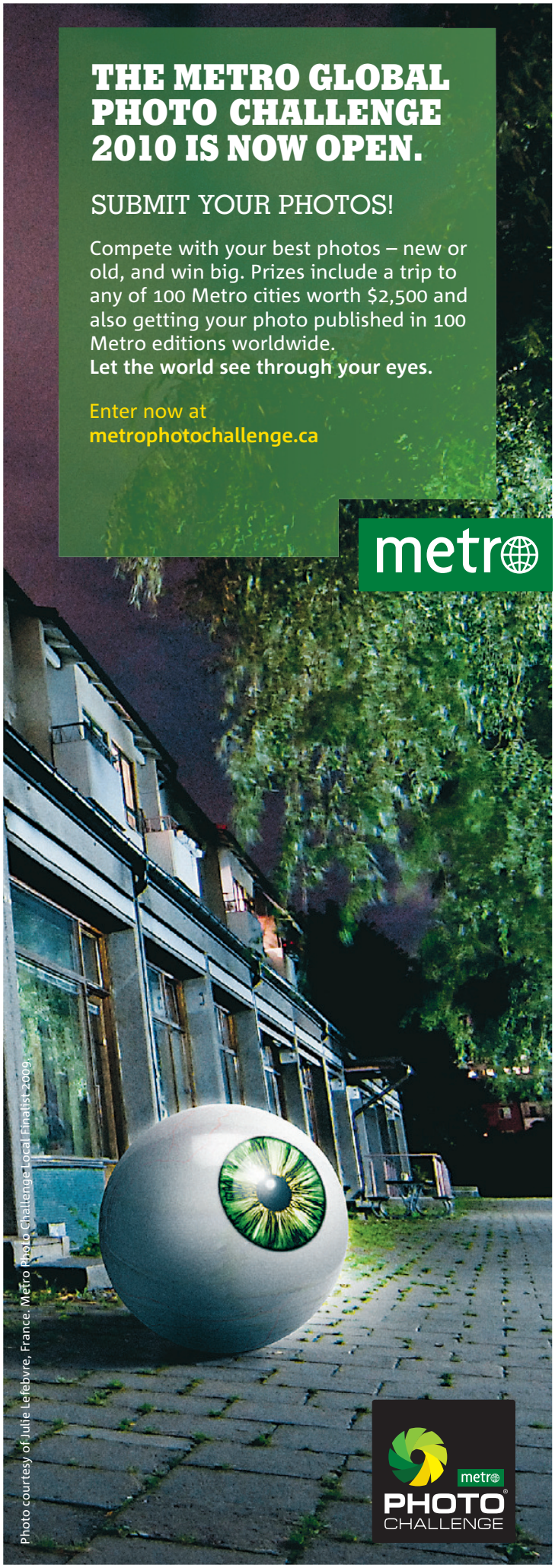

A savoury pie that's perfect for autumn

The rustic pork and veal pie is hearty and easy to prepare A melding of flavours in your mouth Also great for re-heating the next day

THE ASSOCIATED PRESS

Rustic Pork and Veal Pie

Whether it's for a Halloween party or Sunday in front of the widescreen for a football game, good food for a fall gathering should be hearty, flavourful and easy to prepare.

With this rustic pork and veal pie, you can put a checkmark next to all three.

For the savoury filling of this free-form meat pie, you start with pre-shredded cabbage, which is sold near the pre-washed salad mixes at your grocer. Then you add convenient ground pork and veal along with canned tomatoes and spices.

After it is simmered to let the flavours meld, the filling gets wrapped up in store-bought, refrigerated pie crusts and baked until golden brown. For added convenience, the pie can be baked a day ahead and reheated in a 180 C (350 F) oven for 30 minutes or until heated through.

Ingredients :

- 10 ml (2 tsp) extra-virgin oil
- 3 cloves garlic, minced
- 1.5 l (6 cups) shredded green cabbage (1/2 small head)
- 250 g (1/2 lb) ground pork
- 250 g (1/2 lb) ground veal
- 250 ml (1 cup) canned diced tomatoes, with juice
- 30 ml (2 tbsp) tomato paste
- 5 ml (1 tsp) dried thyme leaves
- 1 ml (1/4 tsp) ground allspice
- 1 ml (1/4 tsp) cinnamon
- Salt and ground black pepper, to taste
- 150 ml (2/3 cup) shredded extra-sharp cheddar cheese
- 1 pkg refrigerated pie crusts (two 23-cm/9-inch crusts), room temperature

Preparation:

1. Heat oven to 230 C (450 F). Coat a large baking sheet or pizza pan with cooking spray. Set aside.
2. Heat oil in a large non-stick skillet over medium. Add garlic and saute for 30 seconds. Stir in cabbage and saute until softened and translucent, about 5 minutes.
3. Add ground pork and veal and cook, breaking it up as finely as possible until no longer pink, 8 to 10 minutes. Stir in tomatoes, tomato paste, thyme, allspice and cinnamon. Cover and simmer for 7 minutes. Season with salt and pepper. Uncover, stir in cheese until melted, then set aside to cool slightly.
4. Meanwhile, on a lightly floured surface, place one pie crust on top of the other. Dust top crust with flour and roll crusts out together into a 46-cm (18-inch) circle. Fold circle in half, transfer it to the prepared baking sheet or pizza pan and unfold.
5. Place pork and veal mixture in the centre of the pie crust circle, spreading it out in an even layer and leaving a 10-cm (4-inch) uncovered border. Fold edges of crust up over filling, forming pleats and leaving a roughly 5- to 7.5-cm (2- to 3-inch) opening at the centre.
6. Bake pie for 25 to 30 minutes or until the crust is golden-brown on the top and bottom and completely cooked at the folds.

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DON'T HANG *YOURSELF* OUT TO DRY

QUESTION:
I would like to eco-source dryer sheets. Do such things exist?

Matthew from Vancouver, BC

Dryer sheets were actually designed to reduce static in synthetic fabrics only. But today, most people add a sheet (or more) to every dryer load regardless of the fiber. Dryer sheets do not lend themselves to eco-friendliness because of their disposable nature and synthetic chemical ingredients. They're best avoided, so I'd suggest saving your money.

Since full disclosure of ingredients in consumer products like dryer sheets is not required by law, it's hard to know exactly which chemicals they contain. However, many people who stop using dryer sheets find they and others in their home also stop suffering from asthma-like symptoms, headaches or irritated skin.

To prevent static cling, hang clothes to dry. To reduce static you can also add half a cup of white vinegar to the rinse cycle of your washing machine.

Dryer sheets and liquid fabric softeners contain chemicals that coat your clothing, towels and bedding with a residue that never completely washes out. Even Energy Star (a program promoting energy-efficient appliances) recommends scrubbing your lint filter regularly if you use dryer sheets because they can leave a film on the filter. This film reduces air flow and, over time, can affect the performance of the motor.

The synthetic perfumes derived from petroleum-based ingredients are another concern. Once the scented air leaves your dryer vent and floats into your neighbourhood, it's increasingly causing allergic reactions in people with chemical sensitivities. That's not very neighbourly.

David Suzuki Foundation

Tree-planting: Leave it for fall

Get to know your yard Check arborist's references

When Lynne and Kemper Smith moved to Golden, Colo., from Florida six years ago, they bought a new house and planted trees — fruit trees out back and a cache of aspen near the front door.

Very Colorado, those aspen. Unfortunately, it was the wrong part of Colorado."I was a Florida boy and didn't know what I was doing," Kemper Smith says. "I didn't know they'd get this big."

Planting the wrong tree in the wrong place is common, according to arborists around the country. Homebuilders and homeowners often plant trees too close to houses, power lines or roads because they don't consider how the trees will look 20 or 30 years down the road. They choose trees that aren't necessarily suited to the soil and region.

"I think that a lot of it is lack of education," says Jon Elliott, an arborist for Denver-area Swingle Lawn, Tree & Landscape Care.

Fall is a good time for planting trees and shrubs, but homeowners need to do their homework. Lynne Smith says the little trees she and her neighbours planted already have grown too big.

Elliott recommends shopping at a reputable local nursery, rather than big-box stores — and making sure their stock is grown in your climate zone.

Experts also recommend plants native to a region. For example, while the Smiths' aspens do grow well in the Colorado mountains, they become susceptible to fungus, disease and insect infestation at lower altitudes, including Golden.

THE ASSOCIATED PRESS

JENNIFER FORKER, THE ASSOCIATED PRESS

▶ Jon Elliott, left, advises Kemper Smith to prune big trees.

Planting tips

- **Learn about your climate,** annual rainfall, soil make-up and drainage.
- **Plant trees that can grow** large (18 metres or taller) at least three to 4.5 metres from the house.
- **Find your electrical, gas,** water and sewer lines.
- **Big-box stores may carry** trees unsuitable for the local area, arborist Jon Elliott warns.

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-vs-
Alvin Lockhart
Respondent

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ALVIN LOCKHART is hereby summonned to appear at the office of clerk of this Court located at 1 East Notre-Dame, in Montreal, room 1.120 in the 30 days of the publication of this notice in Metro of Calgary.

If the defendant appears, the Demand in Divorce will be presented before the Court on 25 novembre, 2010 in room 2.17, at 9 o'clock at the Court House of Montreal;
A copy of the motion for custody and child support and authorization to obtain a passport and to travel with minors children and the notice of hearing have been remitted to the office of clerk of thes Court of **ALVIN LOCKHART**
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Steer clear of gossip

Petty politics and office cliques can transform the workplace

DREW HINSHAW
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Office gossip can buzz back to the wrong ears and sting like a bee.

Which is why it's better, career counselors advise, to float like a butterfly above the cubicle cliques and petty politics that transform even the most professional bureau into a snake pit.

"In some environments, the office can really be like high school," career coach Pamela Skillings notes. "There are all these cliques, and people who are favoured at one time. Who you're hanging out with can be perceived as taking sides."

If your colleagues have you typecast as an office mean girl or a card-carrying Boys Club lackey, it's likely because you've over idolized the catty friendships you've formed.

"You need to get away from that, even if you think you're working with the coolest people in the universe," Skillings adds.

"Diversify your friendships," concurs workplace relationship expert Courtney Anderson.

▶ Career counselors advise staying away from office politics and cliques.

That means extending a lunch invite to the shy paper shufflers and fixed-place cubicle-statues who rarely say "yes." It could mean dropping by a department you don't normally graze, or bringing pizza to the interns.

For the truly self-unaware, achieving non-alignment in the office realpolitik could also require keeping a paper tally of the number of critical and backbiting comments you let slip past the filter.

"Even if you leave work, and you go to the local bar with your work friends, you're still at work. Everybody thinks this rule doesn't apply to them."
COURTNEY ANDERSON

"We usually can't see how bad it is, and we need to get empirical data," she says. "Once we have that moment of truth where we fact that data, oftentimes, it's shocking."

Some of the unhappiest moments between colleagues come during happy hour.

Over half-off pints of froth — or while rocking around Christmas trees and jack-o-lanterns of holiday parties — coworkers are all too likely to give their verbal inhibitions the night off, Anderson says.

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TRASH TO TREASURE

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A moment of brilliance can happen anywhere. Brian Scudamore found his inspiration while in the drive-thu lane at McDonald's.

Waiting for his lunch, he saw an old junk truck pass by his car. "There's my ticket," he thought, "I'm going to offer to haul people's junk away."

The first year The Rubbish Boys turned a modest profit but Brian had bigger plans.

He formed a board of advisors and came up with a new name, logo, brand and image. Scudamore was about to move into a new era of doing business.

1-800-GOT-JUNK is a Canadian success story with over 200 franchises operating in North America and Australia. Scudamore believes in the adage, "work hard, work smart" but he admits that it hasn't always been easy.

He says there were days when he was in a cash flow crisis, he couldn't meet payroll and had to let good friends go.

"You have to make tough decisions. Leaders have to do what's best for the entire company and for your people."

He's also a firm believer in visualization. "If you believe in your heart and your head that you can make it happen and never let your idea go, it will happen. It sounds simple, but it's true."

So what's Brian's next goal? He wants to build a second brand with the goal of reaching $100 million dollars in revenue within five years. Not bad for a guy that went for a cheeseburger and drove away with a multi-million dollar dream. That's what I call a Happy Meal.

Reward outweighs risk for small businesses

JON TATTRIE
LIFE@METRONEWS.CA

A new survey suggests Canadian small business owners have suffered a decline in optimism about their financial prospects, but are still having fun running their own company.

The American Express Small Business Services' quarterly survey showed the overall index dropped two points to 64 per cent, indicating owners are more stressed about the state of the economy and less hopeful about their business prospects than they were in May.

Eric Nielsen, vice-president of small business services, said that while it wasn't a huge drop, it was the first downgrade since the survey started in the depth of the recession in March 2009.

The good news, he said, is that more than half of businesses polled felt things were stable or improving and 76 per cent are confident business will improve in the next six months.

"There is a bit more uncertainty," he said. "Small business owners are extremely close to their consumer. If the consumer experiences a pause, the owner is usually the first to see it."

Overall, stress levels were up six per cent. Forty-two per cent of owners planned to work past the age of 65 and 70 per cent of those who planned to retire intend to keep a role in the business.

"We've dubbed this a 'so-called' retirement," Nielson said. Prolonged careers were partly a reflection of financial circumstances, with owners building RRSPs and counting on selling their business or keeping a salary to fund retirement. The post-retirement work was also a reflection of the fact that most business owners value their work and don't want to stop.

"They're having fun doing what they're doing," Nielsen says. "Even through the depths of the recession, three out of four believe that the rewards and opportunities outweigh the risk."

Many see the flexible take on retirement as part of the trade off of running their own business, the survey found.

Is ownership for you?

The TD Small Business Happiness Index asked small business owners in urban centres across North America for the top advantages and disadvantages of owning a small business. Here is what they said:

Top five advantages:

1. Being your own boss
2. Making your own decisions, being in control
3. Setting your own schedule
4. Making more money and having control over money
5. Having freedom and the ability to do what you want

Top five disadvantages:

1. Financing, cash flow, budgets and managing payroll
2. The responsibility, stress and risk
3. Difficulty managing, recruiting and retaining staff
4. Working longer hours and having limited time off
5. Dealing with government regulations

"Small business owners tell us that owning a business has many advantages, despite the day-to-day challenges that come with running a company like red tape, property taxes and attracting and retaining talent," says Alec Morley, senior vice president of small business banking at TD Canada Trust. NEWS CANADA

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Not for everyone

Despite the popularity of sites such as ratemyprofessors.com, not everyone is a fan of online evaluations. "I don't want to say something mean about my professor, I might be the only one who thinks that," said Tamara Milavic, a first-year student at the University of Toronto.

THE CANADIAN PRESSK

Websites let students grade professors

Universities say exterior evaluations have no weight when reviewing faculty and factoring promotions

Ratemyprofessor.com boasts of having more than 6,000 school with over one million evaluations.

Michael Hirsh still remembers his worst university professor.

"The guy rambled, didn't give an outline or explain how he graded, didn't explain expectations. I got C," said Hirsh, who's in his last year as an economics student at a Toronto-area university.

"It messed up my GPA. A professor can make or break a course," he explained.

"Sure we gave the university our evaluations, but I wanted to warn other students."

Hirsh decided to take his "scathing" comments to ratemyprofessors.com where evaluations are available to anyone, not just university administration.

Official student evaluations have been part of the student experience for decades, but until the advent of the Internet, students had to rely on friends for professor recommendations — and gossip. Almost no universities provide their official evaluations to students.

At ratemyprofessors.com, the site boasts of having more than 6,000 schools with over one million evaluations. Other sites that have launched include Professorperformance.com.

The University of Toronto is one place where the administration is aware of the popularity of online evaluation sites and it's proposing its own online system, which is expected to go live in September 2011.

According to Prof. Edith Hillan, vice-provost of faculty and academic life at the university, sites such as ratemyprofessors.com are "useful for students, but we wouldn't use them from an institutional perspective to gather information."

"Often you'll get comments or scores at the extreme end of the spectrum," she said.

At Ryerson University, the vice-provost for faculty affairs, John Isbister, doesn't object to online evaluation sites, recognizing that they are useful for students who can't access the official evaluations that students give to the administration after a course is complete.

"We do care about student experience, but it's part of the faculty's collective agreement that their evaluations remain confidential," said Isbister.

Both universities say exterior online evaluations have no weight when the administration is reviewing their faculty and factoring promotions, tenure, salary and other related things.

The fact that official evaluations remain confidential is one reason for students flocking to the online sites as an alternative.

"The official evaluations are hugely ineffective — they are good for the university to decide on salaries, but not good at helping us decide what courses to take," said Ben White, a third-year engineering student at the University of Toronto.

"I mean I never see them."

Also they can be beneficial for students who are either new or not connected to the university community.

"They are really helpful and useful — I came here not knowing anyone," said Yael Sperkut, a first-year humanities student at U of T.

"I used it in high school — with ratemyteachers.com — and when I was mad or thought they weren't doing their jobs, sure I posted — a lot."

Hillan said the University of Toronto's proposed online evaluations will have "provostial guidelines" — to oversee the system to make sure it's used appropriately.

These proposed evaluations don't do enough for White.

"Even the ones done through the student union are slightly edited if they're too profane. I'm getting the straight truth when I go online," he said.

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Oswalt, Phillies even the series

Roy Oswalt pitched eight dominant innings, Jimmy Rollins drove in four runs and the Philadelphia Phillies beat the San Francisco Giants 6-1 last night to even the NL championship series at one game apiece.

A day after Tim Lincecum outduelled Roy Halladay in a marquee matchup of aces, Oswalt beat Jonathan Sanchez.

The series shifts to San Francisco for Game 3 tomorrow afternoon.

PHILLIES	GIANTS
6	1

Matt Cain faces Philadelphia's Cole Hamels, the 2008 World Series MVP.

Oswalt allowed one run and three hits, striking out nine.

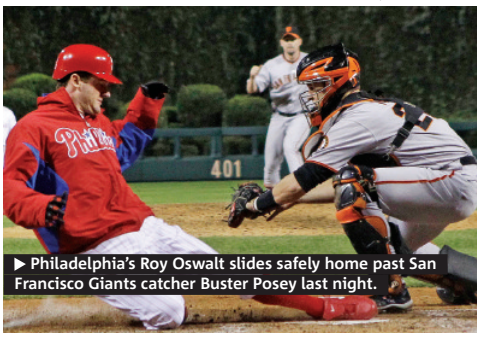
He also had a hit and scored a run on a mad dash through the third base coach's stop sign.

Cody Ross hit his third solo homer in two games for the Giants.

Rollins busted out of a 1-for-15 post-season slump, going 2-for-3 with a bases-loaded walk and a bases-clearing double.

THE ASSOCIATED PRESS

MATT SLOCUM/THE ASSOCIATED PRESS



▶ Philadelphia's Roy Oswalt slides safely home past San Francisco Giants catcher Buster Posey last night.

Stampeders on the verge of clinching

Comeback win over Riders puts Calgary a step closer to West title

CALGARY	RIDERS
34	26

Henry Burris came through with a huge third quarter to put the Calgary Stampeders on the verge of winning the CFL West title.

Burris engineered back-to-back 80-yard touchdown drives in the third to bring his team back from a 19-10 deficit as the Stampeders beat the Saskatchewan Roughriders 34-26 yesterday afternoon.

A 60-yard fumble return by Corey Mace for a fourth-quarter touchdown stood up as the deciding score, and a last-minute interception of Saskatchewan quarterback Darian Durant by Keon Raymond ended any hopes of a Roughriders comeback.

Calgary (11-4) had lost three of its previous four games entering yesterday. With the win, the Stamps hold a four-point lead over Saskatchewan (9-6) for top spot in the CFL's West Division and need only one win or one Saskatchewan loss to clinch the division title.

"In the end it's all about who has the last laugh and thankfully today we were able to get that done," said Burris. "The Riders played a tough game but we had to get that victory."

Burris completed 19 of his 26 passes for 254 yards with one touchdown and one interception yesterday.

Durant finished 15-for-29 for 341 yards with three touchdowns and an interception. THE CANADIAN PRESS

MARK TAYLOR/THE CANADIAN PRESS

▶ Stampeders running back Joffrey Reynolds runs in a touchdown against the Saskatchewan Roughriders yesterday.

Big Ben returns with a bang

With Ben Roethlisberger revelling in the cheers he once feared he might not hear, the Pittsburgh Steelers looked like themselves for the first time all season.

They also sounded like the team that loves to intimidate.

To the Cleveland Browns, it was Steelers linebacker James Harrison who was the game's impact player.

Roethlisberger, cheered loudly during his first game in nine-and-a-half months, returned from his four-game suspension to throw three touchdown passes, and the Steelers (4-1) shut down a Browns offence that was depleted by Harrison hits during a 28-10 victory yesterday.

The Browns saw their record dip to 1-5.

THE ASSOCIATED PRESS

GENE J. PUSKAR/THE ASSOCIATED PRESS

▶ Ben Roethlisberger

Sports in brief

Vikings edge out Cowboys

NFL. Percy Harvin's 95-yard kickoff return for a touchdown gave Minnesota a spark to start the second half, and the Vikings overcame another uneven game by Brett Favre in a 24-21 victory over the Dallas Cowboys yesterday.

Playing with a bad elbow and the NFL investigating alleged racy messages he sent to a former New York Jets employee, Favre took a bunch of big hits and finished 14-for-19 for 118 yards, one touchdown and one turnover. Randy Moss' first home game since joining the Vikings in a trade turned into an afterthought, but the defence and special teams did plenty to make up for Favre's unpolished play.

THE ASSOCIATED PRESS

4 sports

Quoted

"We didn't convert when we needed to convert, but our defence played awesome today. We did enough to clinch it, and I'm always going to enjoy that."

MONTREAL QB ANTHONY CALVILLO, FOLLOWING HIS TEAM'S 22-19 WIN OVER WINNIPEG YESTERDAY. THE ALOUETTES CLINCHED THE EAST DIVISION FOR THE NINTH TIME IN 12 SEASONS.

"We need to learn at the end of games how to finish. We're happy for the win, but we can't have that, especially going into the playoffs. Those are the things that count."

MONTREAL NOSE TACKLE ERIC WILSON

Scan code for sports

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Toronto	4	4	0	0	0	16	9	8	2-0-0-0	2-0-0-0	4-0-0-0	W4
d-Washington	5	4	1	0	0	17	11	8	3-0-0-0	1-1-0-0	4-1-0-0	W4
d-NY Islanders	5	2	1	1	1	18	16	6	2-0-0-1	0-1-1-0	2-1-1-1	W1
Montreal	5	3	1	1	0	14	13	7	1-0-1-0	2-1-0-0	3-1-1-0	W2
Tampa Bay	4	3	1	0	0	12	14	6	1-0-0-0	2-1-0-0	3-1-0-0	L1
Atlanta	5	3	2	0	0	17	16	6	1-0-0-0	2-2-0-0	3-2-0-0	W2
Pittsburgh	6	3	3	0	0	18	14	6	1-3-0-0	2-0-0-0	3-3-0-0	W2
Philadelphia	5	2	2	1	0	11	14	5	1-2-0-0	1-0-1-0	2-2-1-0	L2
Boston	3	2	1	0	0	9	6	4	0-1-0-0	2-0-0-0	2-1-0-0	W2
Florida	4	2	2	0	0	12	5	4	1-0-0-0	1-2-0-0	2-2-0-0	W2
Carolina	4	2	2	0	0	9	12	4	1-0-0-0	1-2-0-0	2-2-0-0	L2
NY Rangers	3	1	1	1	0	13	13	3	0-0-1-0	1-1-0-0	1-1-1-0	L2
Ottawa	5	1	3	1	0	10	16	3	1-1-0-0	0-2-1-0	1-3-1-0	L1
Buffalo	6	1	4	1	0	12	18	3	0-3-1-0	1-1-0-0	1-4-1-0	L5
New Jersey	6	1	4	1	0	10	21	3	0-3-1-0	1-1-0-0	1-4-1-0	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Dallas	4	4	0	0	0	16	10	8	2-0-0-0	2-0-0-0	4-0-0-0	W4
d-Nashville	4	3	0	1	0	13	9	7	2-0-1-0	1-0-0-0	3-0-1-0	L1
d-Colorado	5	3	2	0	0	16	18	6	1-0-0-0	2-2-0-0	3-2-0-0	L1
Detroit	5	3	1	0	1	14	12	7	1-0-0-1	2-1-0-0	3-1-0-1	W1
Chicago	6	3	2	1	0	20	18	7	1-2-0-0	2-0-1-0	3-2-1-0	W2
Los Angeles	4	3	1	0	0	10	6	6	2-0-0-0	1-1-0-0	3-1-0-0	W2
St. Louis	4	2	1	0	1	12	9	5	2-0-0-0	0-1-0-1	2-1-0-1	L2
Vancouver	5	2	2	0	1	12	12	5	2-0-0-1	0-2-0-0	2-2-0-1	W1
Anaheim	6	2	3	0	1	13	23	5	2-0-0-1	0-3-0-0	2-3-0-1	W1
Edmonton	4	2	2	0	0	12	11	4	2-0-0-0	0-2-0-0	2-2-0-0	L2
Columbus	4	2	2	0	0	10	12	4	1-1-0-0	1-1-0-0	2-2-0-0	W1
Calgary	4	2	2	0	0	8	11	4	2-1-0-0	0-1-0-0	2-2-0-0	W1
San Jose	3	1	1	1	0	7	9	3	1-1-0-0	0-0-1-0	1-1-1-0	L2
Minnesota	4	1	2	0	1	10	11	3	1-2-0-0	0-0-0-1	1-2-0-1	L1
Phoenix	4	1	2	1	0	8	10	3	0-1-1-0	1-1-0-0	1-2-1-0	L3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Anaheim 3 Phoenix 2
Vancouver 5 Carolina 1
Saturday's results
Calgary 5 Edmonton 3
Montreal 4 Ottawa 3
Atlanta 4 San Jose 2
Boston 4 New Jersey 1
Chicago 4 Buffalo 3
Dallas 3 St. Louis 2 (SO)
Detroit 2 Phoenix 1 (OT)
Columbus 3 Minnesota 2
Florida 6 Tampa Bay 0
N.Y. Islanders 5 Colorado 2
Pittsburgh 5 Philadelphia 1
Washington 3 Nashville 2 (OT)
Tonight's games
(All times Eastern)
N.Y. Islanders at Toronto, 7 p.m.
Colorado at N.Y. Rangers, 7 p.m.
Ottawa at Pittsburgh, 7 p.m.
Dallas at Tampa Bay, 7:30 p.m.
St. Louis at Chicago, 8:30 p.m.
Tomorrow's games
Boston at Washington, 7 p.m.
Calgary at Nashville, 8 p.m.
Vancouver at Minnesota, 9 p.m.
Carolina at San Jose, 10:30 p.m.

CANUCKS 5, HURRICANES 1

First Period
1. Vancouver, Alberts 1 (Samuelsson, Malhotra) 5:37
2. Vancouver, Raymond 1 (Tambellini, Samuelsson) 9:43 (pp)
Penalties — LaRose Car (interference) 8:11, Ruutu Car (hooking) 12:44, Tambellini Vcr (cross-checking) 14:09, Alberts Vcr (interference) 18:25.
Second Period
3. Vancouver, Samuelsson 1 (Glass, Raymond) 9:38
4. Carolina, O'Sullivan 1 (Ruutu, Corvo) 18:13
Penalties — Kostopoulos Car (interference) 5:48, Samuelsson Vcr (interference) 7:31, Tambellini Vcr (holding) 11:49.
Third Period
4. Vancouver, Raymond 2 (D.Sedin, H.Sedin) 9:29
5. Vancouver, Kesler 1 (Ehrhoff, H.Sedin) 14:10
Penalties — Pitkanen Car (slashing) 9:29, Samuelsson Vcr (hooking) 10:12. Vancouver bench (too many men; served by Desbiens) 11:37, Ruutu Car (hooking) 13:27, LaRose Car, Hansen Vcr (roughing) 19:50.
Shots on goal by

Carolina	10	12	9	31
Vancouver	12	7	14	33

Goal — Carolina: Ward (L,2-2-0); Vancouver: Schneder (W 1-0-0). **Power plays (goals-chances)** — Carolina: 0-6; Vancouver: 2-5. **Attendance** — 18,860 (18,810) at Vancouver.

SCORING LEADERS

	G	A	PT
Hossa, Chi	5	4	9
B.Richards, Dal	2	7	9
Ovechkin, Wash	4	4	8
Getzlaf, Ana	2	6	8
Sharp, Chi	5	2	7

LATE SATURDAY

FLAMES 5, OILERS 3

First Period
1. Edmonton, Hemsky 2 (Whitney, Paajarvi) 5:21
2. Calgary, Tanguay 1 (Stajan) 9:02
Penalties — Jackman Cal (elbowing) 10:34, Staios Cal (tripping) 12:58, Brule Edm (slashing) 14:50, Gilbert Edm (tripping) 16:23.
Second Period
3. Edmonton, Penner 3 (Gagner) 0:22
4. Calgary, Morrison 1 (Stajan, Sarich) 2:57
5. Edmonton, Paajarvi 1 (Fraser, Jones) 4:16
Penalties — Morrison Cal (boarding) 0:35, Eberle Edm (hooking) 16:49.
Third Period
6. Calgary, Hagman 2 (Morrison, Jokinen) 4:29
7. Calgary, Iginla 1 (Tanguay, Giordano) 7:49 (pp)
8. Calgary, Tanguay 2 (Iginla, Stajan) 19:59 (en)
Penalties — Gilbert Edm (interference), Glencross Cal (cross-checking) 5:52, Smid Edm (hooking) 7:14, White Cal (hooking) 12:41.
Shots on goal by

Edmonton	5	15	10	30
Calgary	10	18	18	46

Goal — Edmonton: Khabibulin (L,2-2-0); Calgary: Kiprusoff (W,2-2-0). **Power plays (goals-chances)** — Edmonton: 0-4; Calgary: 1-4. **Attendance** — 19,289 (19,289) at Calgary.

MLB

2010 POST-SEASON

LEAGUE CHAMPIONSHIP SERIES
(BEST-OF-7)
AMERICAN LEAGUE
Texas (W) vs. N.Y. Yankees (WC)
(Series tied 1-1)
Saturday's result
Texas 7 N.Y. Yankees 2
Tonight's game
Texas (Lee 12-9) at N.Y. Yankees (Pettitte 11-3), 8:07 p.m
Tomorrow's game
Texas (Hunter 13-4) at N.Y. Yankees (Burnett 10-15), 8:07 p.m.
Wednesday's game
Texas at N.Y. Yankees, 4:07 p.m.
Friday's game
x-N.Y. Yankees at Texas, 8:07 p.m.
Saturday's game
x-N.Y. Yankees at Texas, 8:07 p.m.
NATIONAL LEAGUE
Philadelphia (E) vs. San Francisco (W)
(Series tied 1-1)
Last night's result
Philadelphia 6 San Francisco 1
Saturday's result
San Francisco 4 Philadelphia 3
Tomorrow's game
Philadelphia (Hamels 12-11) at San Francisco (Cain 13-11), 4:19 p.m.
Wednesday's game
Philadelphia at San Francisco, 7:57 p.m.
Thursday's game
x-Philadelphia at San Francisco, 7:57 p.m.
Saturday's game
x-San Francisco at Philadelphia, 3:57 or 7:57 p.m.
Sunday's game
x-San Francisco at Philadelphia, 7:57 p.m.

PHILLIES 6, GIANTS 1

San Francisco	ab	r	h	bi	Philadelphia	ab	r	h	bi
ATorrs cf	4	0	0	0	Victorn cf	4	1	2	0
FSnchz 2b	4	0	2	0	Utley 2b	3	2	0	0
A.Huff 1b	4	0	0	0	Polanc 3b	3	1	1	2
Posey c	3	0	0	0	Howard 1b	3	0	2	0
Burrell lf	4	0	0	0	Werth rf	3	1	0	0
C.Ross rf	3	1	1	1	Rollins ss	3	0	2	4
Fontent 3b	2	0	0	0	Ibanez lf	4	0	0	0
SCasill p	0	0	0	0	C.Ruiz c	4	0	0	0
Romo p	0	0	0	0	Oswalt p	3	1	1	0
Ishikaw ph	1	0	1	0	Gload ph	1	0	0	0
Renteri ss	4	0	0	0	Madson p	0	0	0	0
JSnchz p	2	0	0	0					
RRmrz p	0	0	0	0					
Affeldt p	0	0	0	0					
Sandovl 3b	0	0	0	0					
Totals	**31**	**1**	**4**	**1**	**Totals**	**31**	**6**	**8**	**6**
San Francisco					**000 010 000**			**1**	
Philadelphia					**100 010 40x**			**6**	

E—Fontenot (1). LOB—San Francisco 7, Philadelphia 8. 2B—Victorino (1), Howard (2), Rollins (1). HR—C.Ross (3). SB—Utley 2 (2), Polanco (1). S—Victorino. SF—Polanco.

	IP	H	R	ER	BB	SO
San Francisco						
J.Sanchez L,0-1	6	5	3	2	3	7
R.Ramirez	1-3	1	2	2	1	0
Affeldt	1-3	0	1	1	1	1
S.Casilla	1-3	1	0	0	0	0
Romo	1	1	0	0	0	1
Philadelphia						
Oswalt W,1-0	8	3	1	1	3	9
Madson	1	1	0	0	1	1

T—3:01. A—46,099 (43,651) at Philadelphia.

TENNIS

WTA TOUR GENERALI
At Linz, Austria
Singles
Championship
Ana Ivanovic (7), Serbia, def. Patty Schnyder, Switzerland, 6-1, 6-2.

ATP SHANGHAI ROLEX MASTERS
At Shanghai
Singles
Championship
Andy Murray (4), Britain, def. Roger Federer (3), Switzerland, 6-3, 6-2.

TRANSACTIONS

HOCKEY

NHL
CHICAGO BLACKHAWKS—Assigned D Nick Leddy to Rockford (AHL).
ST. LOUIS BLUES—Assigned F Ryan Reaves to Peoria (AHL).
TAMPA BAY LIGHTNING—Reassigned G Jaroslav Janus and F Alex Hutchings from Norfolk (AHL) to Florida (ECHL).
WASHINGTON CAPITALS—Assigned D Brian Fahey to Hershey (AHL).

GOLF

PGA FRYS.COM OPEN
At San Martin, Calif.
Par 71
Final Round

Rocco Mediate, $900,000	64-65-67-73—269
Bo Van Pelt, $440,000	65-69-65-71—270
Alex Prugh, $440,000	69-66-66-69—270
Rickie Fowler, $240,000	69-65-68-69—271
Chris Tidland, $200,000	70-65-68-69—272
Graham DeLaet, $146,071	**68-68-71-67—274**
Will MacKenzie, $146,071	66-68-71-69—274
Kevin Stadler, $146,071	71-67-67-69—274
David Duval, $146,071	68-65-71-70—274
Charles Warren, $146,071	71-65-67-71—274
Ryuji Imada, $146,071	65-67-69-73—274
Tim Clark, $146,071	68-69-66-71—274
Tim Herron, $96,667	67-67-70-71—275
Dean Wilson, $96,667	69-64-70-72—275
Chad Campbell, $96,667	68-70-66-71—275
Kevin Streelman, $82,500	72-67-70-67—276
Fredrik Jacobson, $82,500	70-67-70-69—276
Paul Stankowski, $63,000	74-68-66-69—277
George McNeill, $63,000	69-72-67-69—277
Troy Merritt, $63,000	71-70-65-71—277
Tom Pernice, Jr., $63,000	67-70-69-71—277
Chris Riley, $63,000	67-71-67-72—277
John Mallinger, $63,000	66-69-68-74—277
Justin Leonard, $44,000	69-71-68-70—278
Kevin Chappell, $44,000	71-68-68-71—278
John Ellis, $44,000	70-68-68-72—278
Joe Durant, $37,000	71-71-67-70—279
Jeev Milkha Singh, $37,000	69-70-71-69—279
Paul Goydos, $37,000	65-73-68-73—279
Jonathan Byrd, $32,500	71-67-71-71—280
Jamie Lovemark, $32,500	68-71-71-70—280
Aaron Baddeley, $32,500	70-65-70-75—280
Josh Teater, $27,000	69-71-70-71—281
Tim Petrovic, $27,000	70-70-70-71—281
J.B. Holmes, $27,000	70-68-69-74—281
Shaun Micheel, $27,000	66-69-71-75—281
Chris DiMarco, $27,000	67-70-68-76—281
Cliff Kresge, $21,000	73-66-70-73—282
Woody Austin, $21,000	69-68-71-74—282
Pat Perez, $21,000	73-68-67-74—282
Lee Janzen, $21,000	71-68-71-72—282
Jerry Kelly, $21,000	70-69-72-71—282
Henrik Stenson, $21,000	67-67-80-68—282
Kevin Sutherland, $14,450	71-66-71-75—283
Danny Wax, $14,450	70-71-69-73—283

CFL

WEEK 16

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Montreal	15	11	4	0	477	375	22
x-Hamilton	15	8	7	0	396	369	16
Toronto	15	7	8	0	286	393	14
Winnipeg	15	4	11	0	411	407	8

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Calgary	15	11	4	0	505	367	22
x-Saskatchewan	15	9	6	0	425	403	18
B.C.	15	5	10	0	384	397	10
Edmonton	15	5	10	0	304	477	10

x — clinched playoff berth
y — clinched division.
Yesterday's results
Calgary 34 Saskatchewan 26
Montreal 22 Winnipeg 19
Saturday's result
Edmonton 31 B.C. 28 (OT)
Friday's result
Hamilton 30 Toronto 3

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-New York	29	14	9	6	36	29	48
x-Columbus	29	13	8	8	37	33	47
Kansas City	29	10	13	6	32	34	36
Chicago	29	8	12	9	33	37	33
New England	29	9	15	5	32	48	32
Toronto FC	29	8	13	8	30	39	32
Philadelphia	29	8	14	7	34	46	31
D.C. United	29	6	19	4	19	44	22

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	29	17	7	5	42	25	56
x-Real Salt Lake	29	15	4	10	43	18	55
x-FC Dallas	29	12	3	14	41	26	50
x-Seattle	29	14	9	6	38	33	48
x-Colorado	29	12	8	9	42	30	45
x-San Jose	28	12	9	7	30	29	43
Houston	29	8	15	6	38	48	30
Chivas USA	28	8	16	4	30	38	28

Note: Three points for a win, one for a tie.
x — clinched playoff berth.
Saturday's results
Columbus 2 Toronto FC 2
Colorado 3 Los Angeles 1
D.C. United 0 Chicago 0
Houston 1 San Jose 0
New England 1 Kansas City 0
Philadelphia 2 New York 1
Real Salt Lake 2 FC Dallas 0
Wednesday's game
(All times Eastern)
Chivas USA at San Jose, 10 p.m.

ENGLAND

PREMIER LEAGUE

	GP	W	D	L	GF	GA	Pts
Chelsea	8	6	1	1	23	2	19
Man City	8	5	2	1	12	5	17
Arsenal	8	4	2	2	18	10	14
Man United	8	3	5	0	18	11	14
Tottenham	8	4	2	2	10	7	14
West Brom	8	3	3	2	11	14	12
Bolton	8	2	5	1	12	12	11
Aston Villa	8	3	2	3	9	12	11
Stoke	8	3	1	4	9	11	10
Blackpool	8	3	1	4	13	18	10
Everton	8	2	3	3	8	7	9
Fulham	8	1	6	1	9	9	9
Wigan	8	2	3	3	6	15	9
Newcastle	8	2	2	4	12	12	8
Sunderland	7	1	5	1	7	7	8
Blackburn	7	2	2	3	7	8	8
Birmingham	8	1	4	3	8	12	7
Liverpool	8	1	3	4	7	13	6
Wolverhampton	8	1	3	4	8	13	6
West Ham	8	1	3	4	6	15	6

Yesterday's results
Everton 2 Liverpool 0
Blackpool 2 Manchester City 3

GERMANY

BUNDESLIGA
Yesterday's results
Hoffenheim 3 Borussia Moenchengladbach 2
Kaiserslautern 0 Eintracht Frankfurt 3

ITALY

SERIE A
Yesterday's results
Bari 0 Lazio 2
Brescia 0 Udinese 1
Cagliari 0 Inter Milan 1
Catania 1 Napoli 1
Cesena 1 Parma 1
Juventus 4 Lecce 0
Palermo 4 Bologna 1
Sampdoria 2 Fiorentina 1

SPAIN

LA LIGA
Yesterday's results
Athletic Bilbao 2 Zaragoza 1
Deportivo La Coruna 0 Osasuna 0
Levante 2 Real Sociedad 1
Mallorca 0 Espanyol 1
Racing Santander 1 Almeria 0
Sporting Gijon 2 Sevilla 0

NFL

WEEK 6

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	5	1	0	.833	159	101
New England	4	1	0	.800	154	116
Miami	3	2	0	.600	89	112
Buffalo	0	5	0	.000	87	161

SOUTH

	W	L	T	Pct	PF	PA
Houston	4	2	0	.667	153	167
Indianapolis	4	2	0	.667	163	125
Jacksonville	3	2	0	.600	107	137
Tennessee	3	2	0	.600	132	95

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	4	1	0	.800	114	60
Baltimore	4	2	0	.667	112	95
Cincinnati	2	3	0	.400	100	102
Cleveland	1	5	0	.167	88	125

WEST

	W	L	T	Pct	PF	PA
Kansas City	3	2	0	.600	108	92
Oakland	2	4	0	.333	120	151
Denver	2	4	0	.333	124	140
San Diego	2	4	0	.333	157	126

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	4	2	0	.667	134	118
Philadelphia	4	2	0	.667	153	120
Washington	3	3	0	.500	113	119
Dallas	1	4	0	.200	102	111

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	4	2	0	.667	130	101
New Orleans	4	2	0	.667	130	108
Tampa Bay	3	2	0	.600	80	111
Carolina	0	5	0	.000	52	110

NORTH

	W	L	T	Pct	PF	PA
Chicago	4	2	0	.667	112	97
Green Bay	3	3	0	.500	139	112
Minnesota	2	3	0	.400	87	88
Detroit	1	5	0	.167	146	140

WEST

	W	L	T	Pct	PF	PA
Arizona	3	2	0	.600	88	138
Seattle	3	2	0	.600	98	97
St. Louis	3	3	0	.500	103	113
San Francisco	1	5	0	.167	93	139

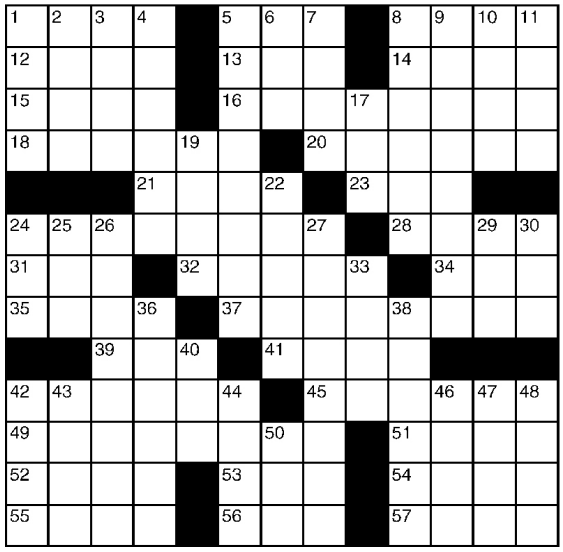
Byes: Arizona, Buffalo, Carolina, Cincinnati
Yesterday's results
Houston 35 Kansas City 31
Indianapolis 27 Washington 24
Miami 23 Green Bay 20 (OT)
Minnesota 24 Dallas 21
New England 23 Baltimore 20 (OT)
New Orleans 31 Tampa Bay 6
N.Y. Giants 28 Detroit 20
N.Y. Jets 24 Denver 20e
Philadelphia 31 Atlanta 17
Pittsburgh 28 Cleveland 10
San Francisco 17 Oakland 9
Seattle 23 Chicago 20
St. Louis 20 San Diego 17
Tonight's game
Tennessee at Jacksonville, 8:30 p.m.

NBA

PRE-SEASON

Yesterday's results
Toronto 121 Phoenix 100
New York 92 Washington 90
Denver 108 L.A. Clippers 104
Utah at L.A. Lakers
At Sioux Falls, S.D.
Minnesota 114 Milwaukee 109
Tonight's games
(All times Eastern)
Orlando at Atlanta, 7 p.m.
Charlotte at Miami, 7:30 p.m.
New Orleans at Memphis, 8 p.m.
Oklahoma City at San Antonio, 8:30 p.m.
Portland at Golden State, 10:30 p.m.

Crossword



Across

1 Metric measure
5 Pouch
8 Portent
12 Old Italian money
13 Mentalist Geller
14 Inlet
15 Secondhand
16 Wrist adornment
18 Member of the service?
20 Former Houston squad
21 Awestruck
23 Homer's interjection
24 Tract
28 Fork feature
31 Literary collection
32 Fully filled
34 Meadow
35 Youngster
37 Seven-line verse
39 Id counterpart
41 Round bread of India
42 Parka
45 Some hosiery
49 Bedspread
51 "American —"
52 Hastens
53 Guitar's kin
54 Mediocre
55 Blunders
56 Club —
57 Genealogy chart

Down

1 Oversupply
2 Obey reveille
3 Vicinity
4 Wild and crazy
5 Just outside the Arctic Circle
6 Schedule abbr.
7 "Bye!"
8 Spotted wildcat
9 Potential mountain?
10 Always
11 Trawler gear
17 Spanish hero, with "El"
19 Grunting sounds
22 Board
24 Greet Fido
25 Whatever amount
26 "What Not to Wear" specialty
27 Occupied
29 Born
30 Chow down
33 Crucial time
36 Exit
38 Sign up
40 Rowing tool
42 Rue the run
43 Bleak, as a film
44 Supermodel Heidi
46 Smell ...
47 ... and its detector
48 — gin fizz
50 — out a living

▶ Yesterday's answer

L	E	T		P	R	O	D		Q	U	A	Y
I	L	O		R	U	B	E		U	R	G	E
Z	E	P	P	E	L	I	N		I	N	O	N
A	V	I	A	T	E		I	N	N			
			N	O	R		Z	E	N	I	T	H
W	E	B	E	R		D	E	W		S	E	E
H	I	L	L		R	U	N		B	L	E	W
I	R	A		T	E	N		B	L	E	S	S
Z	E	B	R	A	S		P	E	I			
			I	I	I		E	G	G	N	O	G
H	U	N	G		Z	E	R	O	H	O	U	R
O	R	E	O		E	R	I	N		S	R	I
P	I	E	R		D	A	L	E		E	S	P

Sudoku

	2	9	4		8			5
	4	6						3
5			9					
1	6				9			
	8	3				9	2	
			2				8	6
					7			9
8						7	3	
6			5		3	2	1	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	6	8	5	1	7	2	9	4
1	5	4	2	8	9	6	7	3
2	9	7	3	4	6	5	8	1
8	1	5	4	7	2	3	6	9
6	4	9	8	3	5	7	1	2
7	3	2	6	9	1	4	5	8
4	7	3	9	5	8	1	2	6
9	2	1	7	6	4	8	3	5
5	8	6	1	2	3	9	4	7

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my partner in crime, you are the only one for me. I love you soooo much! xoxo
YOUR LITTLE BANDIT

Isha, I enjoyed talking with you and hope we can talk more and enjoy some time together. You have a great laugh and love of Life! You put a Smile on my face and in my heart!
HUGS :-) PAUL

My Turun Turun:) I love you! I love you! I love you! I love you! I love you! I love you! I love you! Forever and ever! Snuvvy thuvvy ! **YOUR OTHER TURUN TURUN!!!**

Michael, Happy Anniversary! Can you believe we really started with a hard boiled egg?! We've made so many memories together, and I can't wait to see what the future brings us. I love you all the way to Snugglebunnyville and back! **JENNA**

A look at the weather

TODAY	TUESDAY	WEDNESDAY
Min 0° Max 19°	Min -4° Max 15°	Min -4° Max 15°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Be careful what you agree to today because nothing is quite what it seems. The more someone tries to persuade you that their plan is foolproof the more suspicious you should be.

♉ Taurus April 21-May 21 Your imagination will be working overtime today, but in a good way. For best results, focus only on positive thoughts

♊ Gemini May 22-June 21 Mercury, your ruler, will give you some great new ideas but don't be too eager to follow them up quickly because there are changes in the air and your aims may change too over the next few days.

♋ Cancer June 22-July 22 No doubt you have been running around doing good deeds for other people, but what have you done for yourself?

♌ Leo July 23-Aug.23 Cosmic activity in the area of your chart that governs the mind will fill your head with all sorts of outrageous ideas and one of those ideas could be worth a lot of money

♍ Virgo Aug. 24- Sept. 22 Some people are masters of deception – you are a master of self-deception. Bear that thought in mind today if you find yourself coming up with reasons why something you want cannot be done.

♎ Libra Sept. 23-Oct. 23 The signals you are getting from other people may be confusing but don't worry about it.

♏ Scorpio Oct. 24-Nov. 22 . You must be completely honest today. If you tell only half the story or if you bend the facts to make yourself look good you will actually lose out in the long-term.

♐ Sagittarius Nov. 23-Dec. 21 Common sense will be at a premium today, so don't get carried away and do something silly.

♑ Capricorn Dec. 22-Jan. 20 It's not often you lose your sense of direction but you seem to be having second thoughts about so many things at the moment. Don't worry about it. Mind planet Mercury will clarify the situation later in the week.

♒ Aquarius Jan. 21-Feb. 18 Something you see or hear today will go a long way towards restoring your faith in human nature. It seems there are still some nice people in the world.

♓ Pisces Feb. 19-March 20 You may not be aware of it yet but one of the best times of the year is about to begin. With both the Sun and Mercury moving in your favor this week all the hard work you have put in is about to pay off.
SALLY BROMPTON

Caption contest

SARCHAI LALIT/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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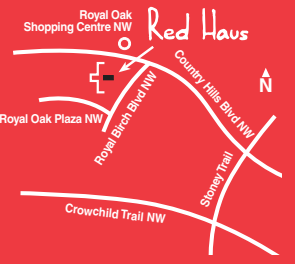

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